

concept 2

HOW TO USE THE

SkiERG

Before You Ski

1. Review the technique information at right.
2. Set the flywheel damper between 1 and 4.
3. Warm up with several minutes of easy skiing.



The Performance Monitor will power up when you start to ski, or you can press MENU to access other features.



Begin with your hands shoulder-width apart at about eye level. Your arms should be bent. Your feet should also be shoulder-width apart.



Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



Finish the drive with knees slightly bent, and arms extended down alongside your thighs.



Bring your arms back up and straighten your body to return to the start position.

ALTERNATING ARM TECHNIQUE

Begin with one arm raised and slightly bent. Pull down with the top arm, while gradually raising the lower arm. Continue to alternate arm pulls, keeping some bend in the pulling arm, as it is a stronger position.



CONCEPT2.COM/START

WARNING! Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.